

## Cross Over Crunch



**Anchor:** None, body weight

**Start:** Lie on your back, hands behind head, knees bent, feet flat on floor.

**Movement:** Using your Obliques, lift one shoulder blade off the ground, elbow up and twist your armpit toward the opposite knee.

**Tip:** Keep non-working elbow in the ground.

## Side Crunch



**Anchor:** None, body weight

**Start:** Lie on the ground, shoulders on the floor, hands behind the head and knees dropped to one side.

**Movement:** Using the Obliques, lift the shoulder blades off the ground towards the ceiling.

**Tip:** Try not to pull on the neck

## Side Double Leg Lift



**Anchor:** None, body weight

**Start:** Lie on your side, legs straight

**Movement:** Using your Obliques, lift both legs at the same time.

**Tip:** Try not to use legs to lift.

## One Knee Bent Crossover



**Anchor:** None, body weight

**Start:** Lie on your back, one leg bent with foot on the floor, other leg straight on the ground, hands behind head.

**Movement:** Using your Obliques, lift the straight leg and at the same time lift the opposite shoulder blade up and over to straight leg.

**Tip:** Try to keep hips on the floor.

## Straight Leg Cross Reach



**Anchor:** None, body weight

**Start:** Lie on your back with legs and arms straight in the air.

**Movement:** Using your oblique, lift one shoulder blade off the ground and reach that arm to the outside of opposite foot.

**Tip:** Try not to strain the neck.

## Bicycle Crunch



**Anchor:** None, body weight

**Start:** Lie on your back with your hands behind the head, one leg bent to the chest, one leg straight, off the floor.

**Movement:** Keeping the shoulder blades off the ground, use your Obliques to twist up to meet the opposite leg and continue to alternate.

**Tip:** Try not to touch the feet to the ground.

## Side Plank



**Anchor:** None, body weight

**Start:** On your side, legs straight and stacked, propped up on the elbow, other hand on hip.

**Movement:** Using your Obliques, lift the body up to a straight line and hold for 3-5 seconds

**Tip:** Try not to rock forward or back.

## Side Plank with Elbow Twist



**Anchor:** None, body weight

**Start:** On one side, feet stacked, body up and off the ground propped up on the elbow, hand behind the head.

**Movement:** Twist the elbow forward and under the body slightly.

**Tip:** Place the elbow directly under the shoulder.

## Side Plank With Straight Arm Twist



**Anchor:** None, body weight

**Start:** On one side, feet stacked, body up and off the ground propped up on the elbow, arm straight up to ceiling.

**Movement:** Bring the arm around and under the body, using your Obliques.

**Tip:** Place the elbow directly under the shoulder.

## Side Plank on Knees



**Anchor:** None, body weight

**Start:** Propped up on the elbow, hips and knees on the ground, legs bent.

**Movement:** Using your Obliques, lift the waist off the ground to form a straight line.

**Tip:** Place the elbow directly under the shoulder.

## Side Plank on Knees with Elbow Twist



**Anchor:** None, body weight

**Start:** Propped up on the elbow and knees on the ground, legs bent. Hand behind head.

**Movement:** Using your Obliques, twist the elbow forward and under the body slightly.

**Tip:** Place the elbow directly under the shoulder.

## Straight Leg Wipers



**Anchor:** None, body weight

**Start:** Lie on your back, hands at the side and legs straight up in the air.

**Movement:** Keeping the legs as straight as possible and controlling with your Obliques, drop the legs to the side and bring back up.

**Tip:** Alternate sides and start small working up to full range of motion.

## Bent Leg Wipers



**Anchor:** None, body weight

**Start:** Lie on your back, hands at the side and legs up, bent at a 90 degree angle.

**Movement:** Keeping the legs bent and controlling with your Obliques, drop the knees to the side and bring back up.

**Tip:** Alternate sides and start small working up to full range of motion

## Trunk Rotation



**Anchor:** Door, shoulder height

**Start:** Stand parallel to the door holding on to one or both handles (depending on difficulty), arms out.

**Movement:** Using your Obliques and a slight bend in the elbows, twist the upper body fully around.

**Tip:** Try to keep hips straight forward.

## Side Bend



**Anchor:** Door, high

**Start:** Stand parallel to the door holding on to one or both handles (depending on difficulty), arms above.

**Movement:** Using your Obliques, bend to the side.

**Tip:** Keep hips straight forward.

## Wood Chop



**Anchor:** Door, high

**Start:** Stand parallel to the door, holding on to one or two of the handles (depending on difficulty), hips straight, upper body and head facing the door, arms up.

**Movement:** Twist the body around and keeping your arms straight, bring the arms in a diagonal across the body.

**Tip:** Try to stay as tall as possible.



## Mountain Climbers with Crossover



**Anchor:** None, body weight

**Start:** On hands and toes with arms directly under the shoulders.

**Movement:** Using your abs, "run" your knees across the body to the opposite arm pit, alternating each.

**Tip:** Try to work your way to a fluid movement.